

September, 2014

Dear Lewis and Clark Families,

In an effort to provide students with the healthiest environment we can, the Lewis and Clark staff has agreed to model making healthy choices. We are encouraging you to provide healthy foods for school snacks, classroom parties, and celebrations.

Children need healthy food to help their brains and bodies function at their best! Snacking isn’t bad for kids, but what they snack on is important. If we give children healthy food now, they will learn to make healthy choices in the future. We want your children (our students!) to be the healthiest they can be.

Please read the information on the other side of this letter to help you plan for and choose healthy snacks. If you choose to send in food for classroom parties and celebrations, we ask that you coordinate with your child’s teacher to ensure there is a balance between healthy foods and a small portion sweet treat (ie. mini-muffin, small cookie etc.)

Thank you so much for your support! We are looking forward to making our school the healthiest it can be so our students can do their best work.

Have a healthy day!

Some healthy foods:

• Fresh cut-up fruit

• Cottage cheese with fresh fruit

• Fresh cut-up vegetables

• Cucumber chips and hummus

• Fresh fruit salad

• Low-fat string cheese

• Air-popped popcorn

• Banana (cut in half for younger children)

• Fresh whole fruit (apples, oranges, grapes etc.)

Sincerely,

The Lewis and Clark Staff